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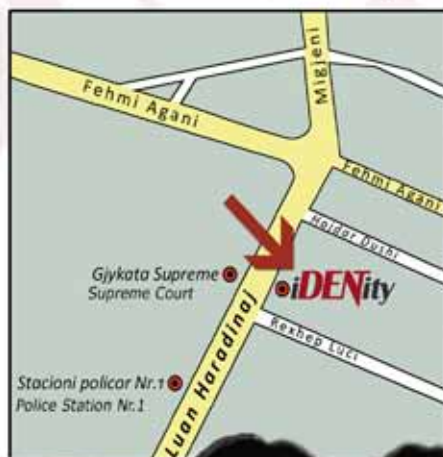


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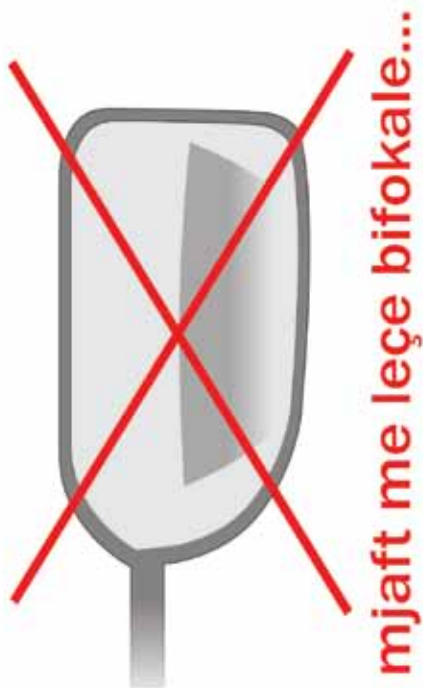
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# How to Cut Belly Fat With Cardio and Healthy Diet Snacks

By : Alec McEachern

This article will give you some great tips on how cut to belly fat with cardio and healthy snacks. The cardio exercises are fast, easy, and something you should be doing. If you are looking for a new outlook on things, this may be just the thing. Give these tips a try and I think you'll see some fast results.

## Here's How to Cut Belly Fat

Do intervals of running hard and walking. Long and steady runs eat away at the muscles of the body. Just take a look at any long distance runner. Now, I hope you don't want to lose muscle. You need muscles because they are up to 8 times more metabolically active than fat. So, to put it another way, one pound of muscle burns up to 8 times more calories than one pound of fat. And that's without doing anything. So, you can probably understand the importance of muscles for burning fat. The whole point I'm trying to make is that you don't want to lose the muscles you already have. But you don't need to go pack on a bunch of muscles.

Intervals of cardio exercise that have bursts of high intensity followed by active rests are excellent because they burn fat like crazy, but don't eat up the muscles you already have. And a bonus to this kind of exercise is that your body will burn fat for hours afterward. You won't get those kinds of results from jogging. So, whether you run on a treadmill or outdoors, run about as hard as you can for 10-15 seconds and then immediately go into a slow jog or walk for about 30-45 seconds. Keep this up for no more than 20 minutes. If you run really hard during the 10-15 second high intensity intervals, 10 minutes should be enough to get some significant fat loss. Try to do this at least 3 times every week. This exercise is just about the best way to cut belly fat with cardio.

## Healthy Diet Snacks

I want to tell you about some of the best diet snacks for dropping weight. These are snacks you'll learn to love because they taste good and are very healthy for you. Just keep reading if you want to find out what they are. What you eat between meals affects your weight loss just as much as what you eat for meals so read below if you want to lose weight and learn to keep it for good.

## Healthy Diet Snacks

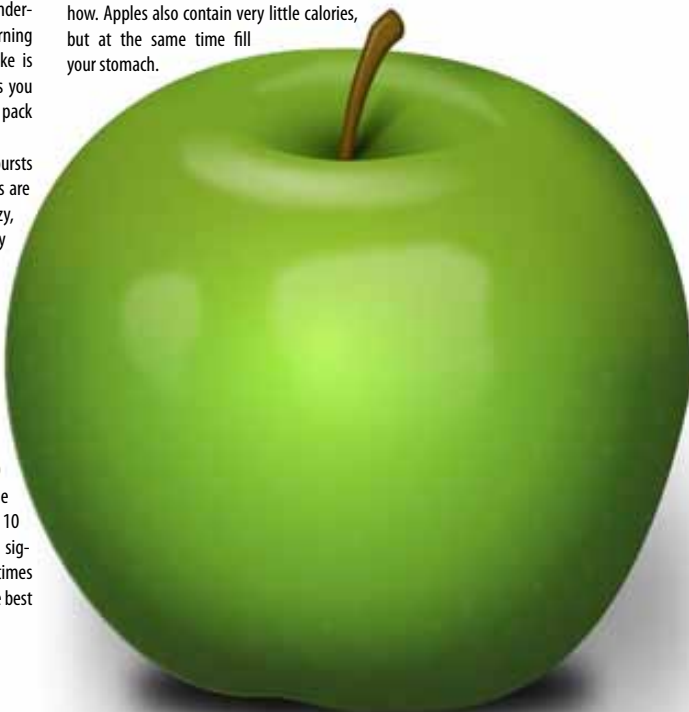
**Apples** are something you should eat 2 or 3 of every single day. I personally like bananas more than apples, but I choose to eat more apples because each apple contains 5 grams of fiber. Fiber is one of the major keys in losing weight. Get it into your diet any way you know how. Apples also contain very little calories, but at the same time fill your stomach.

**String cheese** is full of protein. It's packed with protein and also has very few calories. This makes it one of the best snacks you can reach for. They also fill you up. So, try to eat 1 at least one string cheese each day.

**Yogurt.** You definitely want to make sure the yogurt you eat is a low calorie yogurt. While yogurt contains more carbohydrates than protein, the protein contained in the yogurt actually neutralizes the carbohydrates and prevents them from spiking your blood sugar levels.

Yogurt also makes you feel full and the wide variety of flavours will keep you from getting sick of it.

Try to eat at least one yogurt per day.







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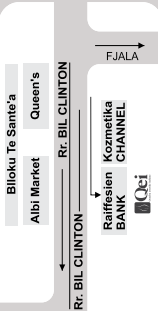
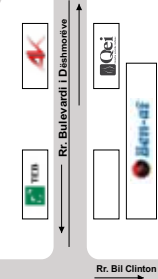
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# *The Way To Whiter Teeth*

By : Matt Wittchow



What have you done to have pearly white teeth? Well, all we do is use branded toothpaste and brush our teeth twice daily. But doing just that isn't enough to have whiter, brighter and shinier teeth. Consumers are not fully satisfied with the kind of regular toothpastes and gels available in the market today. Something more is needed for that glowing smile. So then what's the best way to whiter teeth? It's definitely teeth whitening or bleaching. Teeth whitening are basically the process

that can lighten as well as remove stains from your teeth. The process helps in bleaching the dentin and the enamel, the key tooth mass, thus brightening your discoloured teeth.

Teeth whitening are carried out by professionals and should not be tried otherwise. The process is very effective and that's the simple reason why dentists recommend teeth whitening to get fabulous results. But before initiating the procedure,

several steps need to be carried out to understand whether you are fit for the entire teeth whitening process or not. After determining this aspect, the dentist will give you a brief about the different kinds of teeth whitening products available and the one that would be the best for you. This will be decided by the dentist.

Though teeth whitening aren't a permanent procedure, but it lasts for a considerable period of time. Also the result of the procedure is likely to depend on the condition of your teeth. Some people might note miraculous difference while others might not be really satisfied with the kind of effect generated.

However, before carrying out the final procedure of teeth whitening or bleaching, the dentist cleans the teeth, removes the cavities and checks for healthy gums. If all these results are satisfactory enough, only then the process begins.

In the ancient times, these procedures weren't available. So then how did our ancestors manage to keep such healthy and glittering teeth? Well, the credit goes to their dedicated self regiment which they unfailingly maintained all through their life. The ancestral methods of teeth whitening are noted below and you can try these now as well:

- Apply sage leaf or mashed strawberries on the surface of the teeth to see the



the difference.

- Gargle after your major meals to rinse off the food particles that have been left between your teeth.
- Soak a piece of cotton in lemon juice and baking soda to wipe your teeth.
- A mix of hydrogen peroxide and baking soda was probably the most overpriced procedure then.

Apart from all these age old methods you can simply maintain a proper dental hygiene regime for yourself. It would be less expensive than the other procedures and would also be less of a hassle. Also, all these processes can be practiced on a regular basis for proper hygiene and care; have a look:

- Brushing your teeth with proper toothpaste after every meal is mandatory. Brushing helps in preventing the development of plaque that causes stains. For healthy teeth and gums you need to brush more than twice daily.
- Throw away your worn out toothbrushes. You must choose a toothbrush with care; after all it is something that will prevent your tooth decay apart from the toothpaste that you use. The bristles must be smooth. Your toothbrush needs to be changed from time to time; at least after every 2 to 3 months.
- You can floss once daily to clean out the food strips that get stuck between your teeth.
- See a dentist at least once in a year to check whether your teeth and gum is doing fine or not. Get your teeth cleaned by the dentist as well.
- Coffee and red wine can lead to stain formation in your teeth. Avoid these drinks and beverages as much as possible. Smoking is also harmful for the gums and the teeth as well.
- Strawberries are the best fruits for healthy and white teeth; have them in abundance. Eat fresh and raw vegetables for clean teeth.

# The Way To Whiter Teeth





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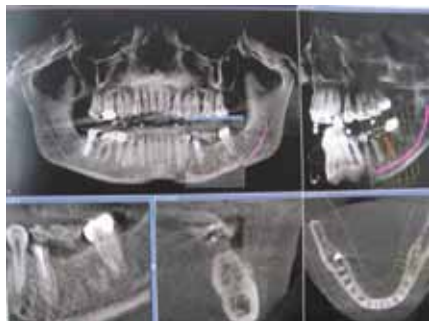


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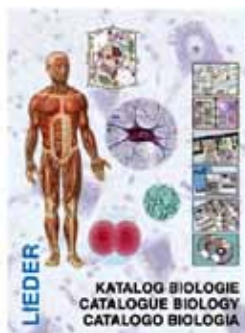
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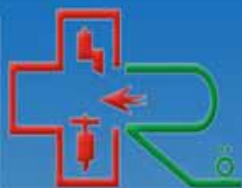
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